

## WHAT SHOULD I ALREADY KNOW?

- Children should be able to identify different parts of their body.
- Have some understanding of healthy food and the need for variety in their diets.
- Be able to show care and concern for living things.
- Know the effects exercise has on their bodies.
- Have some understanding of growth and change.
- Can talk about things they have observed including animals.

## NOTABLE SCIENTIST

### FLORENCE NIGHTINGALE

Florence Nightingale is a famous British nurse who lived from 1820–1910. She helped to make hospitals more sanitary places and wrote books about how to be a good nurse.



Much of what we know about clean, organised hospital conditions today is thanks to Florence's hard work and research. She began her nursing career during the Crimean War and campaigned for better hospital conditions for the wounded soldiers there.

She is considered the founder of modern nursing.

## STICKY KNOWLEDGE

We have 5 senses.

I know the body parts linked to each sense.

When we exercise our heart rate increases.

That we need a balanced diet to be healthy.

## VOCABULARY

Healthy Lifestyle	Making choices that result in a healthy body and mind.
Unhealthy	Eating or having bad habits that make you poorly and unwell.
Body parts	A part or section of the human body, such as the arm, chest, nose, neck, or knee.
Exercise	Playing and being physically active. Exercise makes your body work harder.
Hygiene	The practice of keeping clean to stay healthy and prevent disease

## WEAVING CONCEPTS



## 5 SENSES



## ENQUIRY TYPES

1. Observing changes over time
2. Pattern Seeking
3. Grouping & Classifying
4. Fair Testing
5. Research

